

Maine State Planning Office

Waste Management & Recycling Program



RECYCLING/SOURCE REDUCTION QUIZ

Every day we make choices that affect the amount of waste we produce. Take a few minutes to consider your contribution to Maine's solid waste stream. Add up the circled numbers in each column to find your total score. Use the information on the back of this sheet to find out if you are a concerned consumer.

Do you.....	some		
	<u>never</u>	<u>times</u>	<u>often</u>
1. consider the amount of packaging on an item before you buy it?	3	2	1
2. consider the recyclability of an item before you buy it?	3	2	1
3. consider whether you really need something before you buy it?	3	2	1
4. think about what will happen to a product or a package when you no longer have any use for it?	3	2	1
5. try to reuse things you already have instead of disposing of them and buying new things?	3	2	1
6. wash out and reuse plastic bags in your home?	3	2	1
7. consider what pollution and wastes were created in the manufacture of the things you buy?	3	2	1
8. take advantage of the opportunities to recycling in your area?	3	2	1
9. use dishcloths, sponges and cloth napkins instead of disposable paper products?	3	2	1
10. avoid items such as disposable diapers, razors, lighters and pens when longer lasting alternatives are available?	3	2	1
11. avoid eating in places which wrap your food in lots of paper and plastic or ask that less wrapping be used for your order?	3	2	1
12. compost kitchen scraps and other compostable matter?	3	2	1
13. talk to store managers about stocking bulk items or avoiding packaging?	3	2	1
14. buy items in bulk?	3	2	1
15. read consumer information articles to find out about the quality and durability of products you buy?	3	2	1

TOTALS:

GRAND TOTAL:

RECYCLING/SOURCE REDUCTION QUIZ

Consumer Survey

IF YOUR SCORE WAS:

40 OR MORE

Like many Maine residents, you are probably contributing your full share of trash to our disposal facilities, including many pounds of useable, recoverable materials.

WHAT CAN YOU DO? Be aware of the amount of trash you have each week. Note how heavy it is. What could be reused, recycled or avoided entirely? Next time you go to the store, check to see if any of the products you normally buy in non recyclable containers are also available in reusable, refillable or recyclable containers. Avoid products with excess packaging.

BETWEEN 21 AND 39

You are doing some reducing, reusing, and/or recycling. These patterns need to be practiced consistently by the majority of the population if we are going to reduce the increasing amount of waste requiring disposal in Maine.

WHAT CAN YOU DO? Do some comparison shopping. Consider various types of packaging and the alternatives that are available. Consider buying products in larger quantities or in bulk quantities. Take your own carrying bags with you when you shop or reuse store bags.

20 OR LESS

You've obviously done some serious thinking about the need for resource conservation. It shows!!

Think about the things you do to conserve resources. Which are you most proud of? Encourage other people to consider doing the same. Get involved in the solid waste management programs in your community. Thanks and keep up the good work!!

Adapted by the Natural Resources Council of Maine and the Maine State Planning Office, Waste Management and Recycling Program, from the Rhode Island Department of Environmental Management, Waste Education Curriculum and Oregon Department of Environmental Quality, Solid Waste Division.

For more information, please contact:

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or visit us online at: www.recyclemaine.com

Printed on Recycled Paper

February 1998